

---

# Low-Glycemic Poached Eggs with Garlic Spinach on Almond Flour Rounds

*Protein-packed poached eggs crown garlicky wilted greens atop golden almond rounds—a blood sugar-friendly breakfast that keeps you satisfied all morning.*

Prep: 10 min

Cook: 15 min

Total: 25 min

Servings: 1

**GL 1.7 / GI 18**

## Ingredients

---

**For poaching** large free-range eggs

**Low GI alternative to wheat flour** blanched finely ground almond flour

**Adds fiber and omega-3s to slow glucose absorption** ground flaxseed meal

aluminum-free baking powder

**Healthy fat for sustained energy** olive oil or melted coconut oil

**For binding almond rounds** large egg white

**Rich in magnesium for insulin sensitivity** fresh baby spinach or thawed frozen spinach

fresh chives, finely chopped, or dried chives

**Contains allicin for glucose moderation** small garlic clove, minced

**For cooking spinach** butter or ghee

**For poaching water** white vinegar or apple cider vinegar

**To taste** sea salt and freshly ground black pepper

---

**Optional pinch for spinach** nutmeg

## Instructions

---

### Step 1

Set your oven to 180°C (350°F) and prepare a small baking tray by lining it with parchment paper. This ensures your almond rounds won't stick and will develop an even golden crust.

### Step 2

Whisk together the almond flour, flaxseed meal, baking powder, and a small pinch of sea salt in a medium bowl. In a separate small bowl, beat the egg white vigorously with a fork until it becomes frothy and slightly increased in volume. Pour the frothy egg white and olive oil into the dry mixture, stirring with a spatula until a cohesive, slightly sticky dough forms.

### Step 3

Divide the almond dough into 2 or 3 equal portions. Using damp hands to prevent sticking, shape each portion into a flat disc approximately 1 centimeter thick and 8-10 centimeters in diameter. Arrange the rounds on your prepared baking sheet with space between them, then bake for 12-15 minutes until they turn golden brown and feel firm when gently pressed. Remove from oven and let them rest on the tray while you prepare the remaining components.

### Step 4

Fill a medium-sized saucepan with water to a depth of about 8 centimeters and place over medium-high heat. Add the vinegar and a pinch of salt, then bring the water to a gentle simmer where small bubbles just break the surface—avoid a rolling boil as this will break apart your eggs. While the water heats, crack each egg into its own small cup or ramekin for easier transfer.

### Step 5

Heat the butter in a skillet over medium heat until melted and beginning to foam. Add the minced garlic and cook for 30-40 seconds, stirring constantly until fragrant but not browned. Immediately add all the spinach to the pan (it will seem like a lot but will wilt dramatically). Toss and cook for 2-3 minutes until completely wilted and tender. Season generously with salt, pepper, and a tiny pinch of nutmeg if using. Remove from heat and cover to keep warm.

## Step 6

Using a spoon, create a gentle whirlpool motion in the simmering poaching water by stirring in one direction. While the water is still swirling, carefully slide the first egg from its cup into the center of the vortex—this helps the white wrap around the yolk for a neat shape. Wait 30 seconds, then repeat with the second egg. Poach undisturbed for 3-4 minutes for soft, runny yolks, or up to 6 minutes for firmer yolks. Lift each egg out with a slotted spoon and briefly rest on a paper towel to drain excess water.

## Step 7

Arrange the warm almond flour rounds on your serving plate. Divide the garlicky spinach evenly between the rounds, creating a nest-like bed on top of each. Gently place one poached egg on each spinach-topped round, being careful not to break the delicate yolk.

## Step 8

Finish by sprinkling the fresh or dried chives over the eggs, adding an extra grind of black pepper if desired. Serve immediately while everything is warm and the yolks are still gloriously runny. For optimal blood sugar control, eat this meal mindfully, starting with the spinach and eggs before consuming the almond rounds.